

Gold Medal Schools

A Tradition of Health in all Utah Schools

- One in every four Utah elementary student is overweight or at risk of becoming overweight
- You could fill:
 - More than 2,000 classrooms
 - 112 schools
- Centers for Disease Control Prevention
 - <http://www.cdc.gov/nccdphp/dnpa/obesity/trend/index.htm>

Data

- Designed in 2001
 - Utah Department of Health
 - Utah State Office of Education
 - Center of Disease Control
 - Guidelines to address overweight and obesity in students
 - Salt Lake Organizing Olympic Committee
 - A Healthier You TM
 - Intermountain Healthcare
- Created GMS Power-Up

Development

- Gold Medal Schools (GMS)
 - Develops or strengthens health policies
 - Makes changes to school environment

Program

- Creating opportunities for students to eat healthy, be active and stay tobacco free

Mission



Schools

School Coordinators

Mentors

Local Health Departments

State Utah Department of Health

Infrastructure

- Five award levels
 - Bronze
 - Silver
 - Gold
 - Platinum
 - Platinum Focus
- Continue to implement the criteria they completed in previous levels
- Each level completed schools receive awards

Levels

- Bronze #1
 - Write a policy requiring 90-150 minutes (45 minutes for kindergarten) of structured physical activity each week...
- Silver #1
 - The PTA/PTO must coordinate at least one health-related event...
- Gold #2
 - Write a policy for all teachers and staff that food is not to be used as a reward or as a punishment for students...

Example of Criteria

- Exclusive to Gold Medal Schools

- Trainings
- Media Recognition
- List serv
- Website
- Books
- Money
- Awards
- Local and state health professionals

Resources

- 80% of public schools
- 90% of title-one schools
- 100% of school districts
- Develop a middle school program

Goals

- 80% of public elementary schools
 - 64% or 319 schools
 - 27 charter and/or private schools
- 90% of title-one schools
 - 66% or 130 schools
- 100% of school districts
 - 95% have participated
- Develop a middle school program
 - GMS Power-Up

Results

- Questions?

- Sarah Rigby
- 801-538-9454
- srigby@utah.gov

Contact